PHYSICALL *DIRECTIONS* IN TIME OF PLAGVE.

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PHYSICALL DIRECTIONS
in time of Plague.

DWelling-houſes are to bee kept clean, free from filth, and ill ſmells, the Windows neere infected houſes kept cloſe with Glaſſe, or oyled, waxed paper, that light, but no infected ayre, may come in. In houſes farther from infection, windowes open ſometimes, toward wholſome ayre and wind. Preſervation.

Fires to be made in houſes infected, and the neighbouring houſes, and in Churches, at times of publike Prayers and Preaching, and at all publique meetings, not in Chimnies only, but in moveable pannes; the fires made with dry wood, Oake, Aſhe, Beech, dry Vine-branches, Willow, Baytree, Roſemary ſticks, &c. Iuniper, Roſemary dryed, Bayleaves, Angelica, Lavender, Sage,

Hyſope, Marioram, Thyme, Mints, Balme, Pitch, Tarre, Roſin, Turpentine, frankincenſe; ſome of theſe caſt on the coales, to perfume the houſe.

Richer perſons may have fuming candles or cakes, made with Benzoin, Storax, Muske, &c. For which order ſhall be given by the Phyſitians, if any pleaſe to have them, and be not otherwayes provided. Oake boughs, Aſhe, Willow, Bayleaves, Hyſope, Marioram, Thyme, Lavander, Mints, Roſemary, Fennell, Sage, Wormwood, Meadſweet &c. may be layd in the Chimnies and Windowes.

Sometimes the fume of Vineger, Roſewater, and Roſemary, and Cloves, over the fire.

Wearing cloaths perfumed with Juniper, red Sanders, or Roſemary burned.

Going abroad, or talking with any, it is good to hold in the Mouth, a clove or two, a peece of Nutmeg, Zedoary, Angelica, Gentian, Tormentill, or Enula-campana root; in the hand a Sponge dipped

dipped in Vineger and Roſe water, wherein Roſemary, Sage, Angelica, or Rue have bin infuſed, or a toaſt of brown bread dipped therein, tied up in a linnen cloath, or the Sponge in a Juniper or Ivory box with holes. For perſons of better ranke, Pomanders made of Ladanum, Benzoin, red and white Sanders, Storax, Myrrhe, Saffron, Amber, Camphyre, Muske, &c.

Goe not forth early in the Morning, nor faſting; eate not much, Sage and butter, a Potched Egge with Vineger, or ſuch like will ſuffice, be not late abroad at night. In the Morning waſh the Mouth with water wherein Sage hath been boyled or infuſed, and rub the teeth with the leaves.

Take a ſpoon full of quick wine vineger, wherein wormewood chopped hath bin infuſed. Take Figges good and cleane thirty, Wallnut kernells pilled twenty, (if to be had) green Rue picked a good handfull, Salt one ſpoonfull, ſtamp them, & incorporate them together, take the quantity of a Prune a child as much as a Haſell nut. More pleaſing, conſerve of Wood. ſorrell, Borage, Sage, Cordialls.

of

of each one ounce, Harts-horn a dragme, Bole-Armeniake two drams, yellow Sanders halfe a dram, Saffron the weight of 3d, ſyrupe of Wood-ſorrell, as much as will make it into a moiſt electuary; take as much as a good Nutmeg, twice or thrice a day. London treacle the weight of 8d, firſt in the morning with conſerve of Roſes, faſting one hower after it; treacle-water two ſpoonfulls, with one dramme of Mithridate, *Confectio liberans*, or Electuary *de Ovo*.

Diet. Dyet meats of eaſy digeſtion, ſauce ſower, ſharpe, ſorrell, Lemon, Vineger, Verjuyce, &c. Forbear Milky meats, Cuſtard, &c. Fiſh ſlimy as Eeles, &c. raw fruites, and ſtrong Wines; exceſſe in meat or drinke is dangerous. Faſting, or much emptineſſe is bad.

Bleeding. If there be fulnes of blood, letting blood is fit, but not much, rather repeated.

Purging. If the body be bound, a Suppoſitory with hony & ſalt. If fulneſſe of putrid humors, Aloes the weight of 6d in the pap of a roaſted apple; or pilles of Ruffus a dram once a Week. For perſons of quality, other proper purges, as the preſent condition

ſhall

ſhall require, potion, &c. and an Iſſue or fontanell, in Arme or Legge, if there be cauſe; and vomites proper if need be. Vomites eaſy to be had; ſallet-oyle three ſpoonfulls, juyce of radiſh-root one ſpoonfull, or oxymell of ſquilles too ſpoonfulls, oyle and poſſet drinke. Exerciſe moderate. Iſſue.

Signes of infection appearing, *viz.* faint- Infection.
ing, ſwooning, vomiting, or proneneſſe thereto, heavineſſe, wearineſſe without cauſe, loſſe of appetite, much thirſt, diverſe of theſe concurring, let blood or purge, or both, as cauſe requires, the firſt or ſecond day, no botch or ſore appearing. Then defend the heart with Cordialls formerly preſcribed. Let the party ſweat with Carduus, or Marigold poſſet-drinke, *London* treacle two drammes, or with wood ſorrell water five ſpoonfulls, treacle water one ſpoonfull, and *London* treacle a dram and halfe.

If a tumor, botch or ſore appeare, let the Botche.
inſide of the arme, thigh, or calfe of the legge be bliſtered with Cantharides powder two drammes, with vineger and leaven.

ven. Take a great Onyon, hollow it, put into it Venice-treacle one dramme, a figge and a little Rue cut ſmall, roaſt it ſoft, cloſe ſtopped, in a wet paper under the Embers, apply it hot to the Tumour, let one lye three houres. Or a pulteſſe of Mallowes two handfulls, two lilly roots cut and bruiſed, twelve figges ſliced, boyle all well in water, ſtampe them, put to it three ſpoonfulls of oyle of Lillies, apply it, and ſhift it thrice a day. When it is broken, take the yolke of an Egge, hony of Roſes one ounce, Turpentine half an ounce, *Venice* treacle, or *Venice*, and Methridate, and S. *Iohns* wort oyle, each one dramme, a little meale flower, mix all together, lay it to the ſore, upon leather, changing it twice a day. Or a hot loafe out of the Oven. Or three Lilly roots roaſted, beaten and applyed, burne the plaiſters, &c. taken off the body.

Thoſe that eſcape, are to be purged before they goe abroad; thoſe that dye, are to be buried in remote places, and deep in the ground.

FINIS.